

**WHAT IS CLAIMED IS**

1. A composition for preventing cold comprising vitamin C and ginkgetin.
- 5 2. The composition according to claim 1, comprising 20 to 90 % by weight of vitamin C; and 1 to 20 % by weight of ginkgetin.
3. The composition according to claim 1, further comprising maltol.
- 10 4. The composition according to any one of claims 1 to 3, further comprising more than one kind of vitamins selected from vitamin A, vitamin B, vitamin B1, vitamin D, and vitamin E.
- 15 5. The composition according to claim 4, comprising 20 to 90 % by weight of vitamin C; 1 to 10 % by weight of ginkgetin; 0.01 to 5 % by weight of maltol; and 0.01 to 7 % by weight of each of vitamin A, B1, E, D, and B.
6. Health care products comprising the composition according to any of claims 1 to 5.
- 20 7. Use of a composition comprising vitamin C and ginkgetin to prepare a medicine for cold prevention.

8. Use of the composition according to claim 7, comprising 20 to 90 % by weight of vitamin C; and 1 to 20 % by weight of ginkgetin.

9. Use of the composition according to claim 7, further comprising maltol.

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10. Use of the composition according to any one of claims 7 to 9, further comprising more than one kind of vitamins selected from vitamin A, vitamin B, vitamin B1, vitamin D, and vitamin E.

10 11. Use of the composition according to claim 10, comprising 20 to 90 % by weight of vitamin C; 1 to 10 % by weight of ginkgetin; 0.01 to 5 % by weight of maltol; and 0.01 to 7 % by weight of each of vitamin A, B1, E, D, and B.

12. A method of preventing cold, comprising administering a prophylactically  
15 effective amount of vitamin C and ginkgetin to patients in need of prevention of cold.

13. The method according to claim 12, comprising administering 20 to 90 % by weight of vitamin C; and 1 to 20 % by weight of ginkgetin.

20 14. The method according to claim 12, comprising further administering maltol.

15. The method according to any one of claims 12 to 14, comprising further

administering more than one kind of vitamins selected from vitamin A, vitamin B, vitamin B1, vitamin D, and vitamin E.

16. The method according to claim 15, comprising administering 20 to 90 % by weight of vitamin C; 1 to 10 % by weight of ginkgetin; 0.01 to 5 % by weight of maltol; and 0.01 to 7 % by weight of each of vitamin A, B1, E, D, and B.

17. A method for preparing cold prophylactic by mixing vitamin C and ginkgetin.

18. The method according to claim 17, comprising mixing 20 to 90 % by weight of vitamin C; and 1 to 20 % by weight of ginkgetin.

19. The method according to claim 17, comprising further mixing maltol.

20. The method according to any one of claims 17 to 19, comprising further mixing more than one kind of vitamins selected from vitamin A, vitamin B, vitamin B1, vitamin D, and vitamin E.

21. The method according to claim 19, comprising mixing 20 to 90 % by weight of vitamin C; 1 to 10 % by weight of ginkgetin; 0.01 to 5 % by weight of maltol; and 0.01 to 7 % by weight of each of vitamin A, B1, E, D, and B.